



PLAN:

Back-up childcare

This activity will help you develop a plan of action for obtaining childcare in the event that you are unable to care for your children for any reason. You should work on this plan when you can take the time to think clearly about the best strategies to meet the needs of you and your family. Developing a plan during a time of calm—not a time of crisis—will go a long way toward you and your family being confident that you are prepared to manage any unexpected situations where you'll need assistance with childcare.

It might take a while for you to gather this information, but it will be worth it to provide you and your family with a blueprint for coping during a difficult time. It is important to make this a real working plan of action, to involve those you will be listing in creating the plan. You want to know if they can be counted on to help you and where they can be reached at all times.

Once you have completed the plan, you should discuss it with your children if they are old enough and your partner, relatives, or those you live with, so they can put it into action when necessary. Post a copy where it's easy to find, and make a point of updating it every few months.

This back-up plan is for (child/children's names and dates of birth):

If my child/children need(s) to miss time at school or from other activities, please contact:

	NAME	PHONE
Childcare provider/School:		
Childcare provider/School:		
After-school program/Activity:		
After-school program/Activity:		
Other:		
Other:		
Other:		

CONTINUED ON THE NEXT PAGE

For back-up childcare for a few hours, contact:

NAME	ADDRESS	PHONE

For back-up childcare for overnight, contact:

NAME	ADDRESS	PHONE

For long-term back-up childcare or respite (like a weekend or week), contact:

NAME	ADDRESS	PHONE